

Healthy Eating & Activity

Among Missouri High School Students

Did You Know?



48% of high school students exercise at least 60 minutes per day!

Percentage of students who ate vegetables in the last week

82%

64%

57%

47%

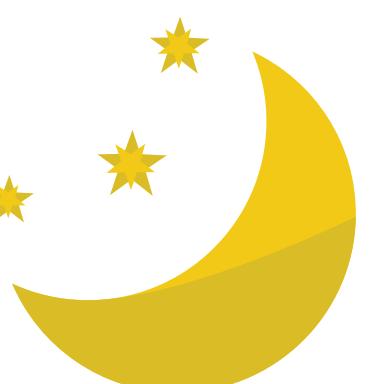
Carrots

Green salad

Potatoes

Other veggies

78% of students did not get the recommended 8 hours of sleep a night.



Source: 2019 Missouri Youth Risk Behavior Survey